

I claim:

1. A method for making a nutritious edible straw for imbibing liquids, which comprises:

5 mixing a dry ingredient with a wet ingredient to create a dough;

shaping the dough approximately as a cylinder with a cavity formed therein; and

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subsequently baking the dough to create an edible straw for imbibing liquids.

2. The method according to claim 1, which further comprises  
15 selecting the dry ingredient from at least one of the group consisting of flour, a fiber source, a sugar source, a leavening agent, and a flavoring agent.

3. The method according to claim 2, which further comprises  
20 selecting the flour from at least one of the group consisting of whole wheat, brown rice, gluten-free, unbleached, unbromated, all-purpose oat flour and gluten-free, unbleached, unbromated, all-purpose soy flour.

25 4. The method according to claim 2, which further comprises selecting the fiber source from at least one of the group

consisting of guar gum, acacia, oat bran, corn bran, psyllium husks, almond meal, and flax seeds.

5. The method according to claim 2, which further comprises

5 selecting the sugar source from at least one of the group consisting of turbinado, evaporated cane juice, fructose, date sugar, brown sugar, and stevia.

6. The method according to claim 2, which further comprises

10 selecting the leavening agent from at least one of the group consisting of sodium bicarbonate and baking powder.

7. The method according to claim 2, which further comprises

15 selecting the flavoring agent from at least one of the group consisting of cocoa powder, cinnamon, spices, extracts, and natural flavorings.

8. The method according to claim 1, which further comprises

20 selecting the wet ingredient from at least one of the group consisting of egg whites, a sugar, and a flavoring agent.

9. The method according to claim 8, which further comprises

selecting the sugar from at least one of the group consisting of unsulfured molasses and brown-rice syrup.

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10. The method according to claim 8, which further comprises selecting the flavoring agent from at least one of the group consisting of extracts, pure nut oils, nut butters, and puréed fruit.

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11. The method according to claim 2, which further comprises portioning the flour to be approximately 25 to 40 % by weight of the straw.

10 12. The method according to claim 11, which further comprises portioning the flour to be approximately 34 to 38% by weight of the straw.

13. The method according to claim 2, which further comprises  
15 portioning the fiber source to be approximately 10 to 20% by weight of the straw.

14. The method according to claim 13, which further comprises  
20 portioning the fiber source to be approximately 12 to 18% by weight of the straw.

15. The method according to claim 2, which further comprises portioning the sugar source to be approximately 10 to 35% by weight of the straw.

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16. The method according to claim 15, which further comprises portioning the sugar source to be approximately 15 to 25% by weight of the straw.

5 17. The method according to claim 2, which further comprises portioning the leavening agent and the flavoring agent to be approximately 3 to 5% by weight of the straw.

10 18. The method according to claim 17, which further comprises portioning the leavening agent and the flavoring agent to be approximately 3% by weight of the straw.

15 19. The method according to claim 8, which further comprises portioning the egg whites to be approximately 15 to 30% by weight of the straw.

20 20. The method according to claim 19, which further comprises portioning the egg whites to be approximately 17 to 25% by weight of the straw.

21. The method according to claim 1, which further comprises adding at least one of the group consisting of a protein, a vitamin, and a mineral to the dough for fortification.

22. The method according to claim 1, wherein the baking step includes cooking the dough between approximately 275°F and 325°F for approximately 30 to 45 minutes.

5 23. The method according to claim 22, which further comprises carrying out the baking step by substantially evaporating moisture from the dough.

10 24. The method according to claim 1, which further comprises portioning and extruding the dough into a substantially cylindrical shape.

15 25. The method according to claim 24, which further comprises piercing the dough and then carrying out the baking step with the pierced dough.

20 26. The method according to claim 24, which further comprises carrying out the extruding step by creating at least one of the cylinder and the cavity utilizing a die.

27. The method according to claim 1, which further comprises creating the cavity by inserting a die to form the cavity and keeping the die therein during baking.

28. The method according to claim 1, which further comprises creating the cavity by inserting a die to form the cavity and withdrawing the die therefrom one of before, during, and after baking.

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29. The method according to claim 1, which further comprises carrying out the shaping step by forming the cavity with a diameter of between approximately 2 and 10 mm.

10 30. The method according to claim 1, which further comprises carrying out the shaping step by forming the cavity with a diameter of approximately 3 mm.

15 31. The method according to claim 1, which further comprises carrying out the shaping step by forming the straw with an outer diameter of between approximately 3 and 30 mm.

20 32. The method according to claim 1, which further comprises carrying out the shaping step by forming the straw with an outer diameter of approximately 13 mm.

33. The method according to claim 1, which further comprises decorating the edible straw.

34. An edible straw for imbibing liquids, comprising:

a baked mixture of a dry ingredient with a wet ingredient  
having a longitudinal extent and an approximately cylindrical  
5 shape with a cavity formed therein for passing liquids  
therethrough over said longitudinal extent.

35. The straw according to claim 34, wherein said baked  
mixture substantially retains its shape in a liquid for at  
10 least 30 minutes.

36. The straw according to claim 34, wherein said dry  
ingredient is selected from at least one of the group  
consisting of flour, a fiber source, a sugar source, a  
15 leavening agent, and a flavoring agent.

37. The straw according to claim 36, wherein said flour is  
selected from at least one of the group consisting of whole  
wheat, brown rice, gluten-free, unbleached, unbromated, all-  
20 purpose oat flour and gluten-free, unbleached, unbromated,  
all-purpose soy flour.

38. The straw according to claim 36, wherein said fiber  
source is selected from at least one of the group consisting  
25 of guar gum, acacia, oat bran, corn bran, psyllium husks,  
almond meal, and flax seeds.

39. The method according to claim 36, wherein said sugar source is selected from at least one of the group consisting of turbinado, evaporated cane juice, fructose, date sugar,  
5 brown sugar, and stevia.

40. The straw according to claim 36, wherein said leavening agent is selected from at least one of the group consisting of sodium bicarbonate and baking powder.

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41. The straw according to claim 36, wherein said flavoring agent is selected from at least one of the group consisting of cocoa powder, cinnamon, spices, extracts, natural flavorings, pure nut oils, nut butters, and puréed fruit.

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42. The straw according to claim 34, wherein said wet ingredient is selected from at least one of the group consisting of egg whites, a sugar, and a flavoring agent.

20 43. The straw according to claim 42, wherein said sugar is selected from at least one of the group consisting of unsulfured molasses and brown-rice syrup.

44. The straw according to claim 42, wherein said flavoring  
25 agent is selected from at least one of the group consisting of extracts, pure nut oils, nut butters, and puréed fruit.



45. The straw according to claim 36, wherein said flour is approximately 25 to 40% by weight of the straw.

5 46. The straw according to claim 36, wherein said flour is approximately 34 to 38% by weight of the straw.

47. The straw according to claim 36, wherein said fiber source is approximately 10 to 20% by weight of the straw.

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48. The straw according to claim 36, wherein said fiber source is approximately 12 to 18% by weight of the straw.

15 49. The straw according to claim 36, wherein said sugar source is approximately 10 to 35% by weight of the straw.

50. The straw according to claim 36, wherein said sugar source is approximately 15 to 25% by weight of the straw.

20 51. The straw according to claim 36, wherein said leavening agent and said flavoring agent are approximately 3 to 5% by weight of the straw.

25 52. The straw according to claim 36, wherein said leavening agent and said flavoring agent are approximately 3% by weight of the straw.

53. The straw according to claim 42, wherein said egg whites are approximately 15 to 30% by weight of the straw.

5 54. The straw according to claim 42, wherein said egg whites are approximately 17 to 25% by weight of the straw.

55. The straw according to claim 34, further comprising at least one of a protein, a vitamin, and a mineral in said  
10 mixture.

56. The straw according to claim 34, further comprising a decoration.

15 57. The method according to claim 34, wherein said cavity has a diameter of between approximately 2 and 10 mm.

58. The method according to claim 34, wherein said cavity has a diameter of approximately 3 mm.

20 59. The method according to claim 34, wherein said baked mixture has an outer diameter of between approximately 3 and 30 mm.

25 60. The method according to claim 34, wherein said baked mixture has an outer diameter of approximately 13 mm.

61. An edible straw for imbibing liquids, comprising:

a nutritious baked mixture of a dry ingredient with a wet  
5 ingredient having a longitudinal extent and an approximately  
cylindrical shape with a cavity formed therein for passing  
liquids therethrough over said longitudinal extent, said baked  
mixture substantially retaining its shape in a liquid for at  
least 30 minutes.

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